

Healthy INCENTIVES.

Step 2: Complete your individual action plan by June 30, 2010

- **1.** Here your health risks are identified so you can pick an individual action plan that addresses your risks
- **2.** Preview your wellness assessment score
- **3.** View eligible individual action plans
- **4.** Reference to WebMD Health Coaching



Upon submission of the wellness assessment questionnaire, the participant is presented with the individual action plan referral page



HealthyINCENTIVES**

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Health Topics ▼

WebMD Wellness Assessment Ouestionnaire

King County Links ▼

Whether you have just a few steps to take toward better health, or you have a longer journey ahead, informed and practical support from a health coach can help you achieve success.

👩 Secure Messages (<u>1 new</u>) 🛮 📵 Rewards <u>check status</u>

Living Healthy ▼



≥ Take WAO Now

Home

WAQ Summary

Risk Reports

Condition Reports

Physician Summary

Print or Fax Report

Your WAQ Score

out of 100

The WebMD Exercise Lifestyle close Improvement Program is an online program designed to help you learn more about making better choices for a healthier future. The program is paced over a 10 week period, and includes Readings and daily recording into one or more of the Planners. Participants are required to enroll into the program and complete all readings, and record a Planner entry per day for a total of 50 Planner entries over the course of the plan period, completing all required activities by June 30th. This program is also available as an offline version, via paper format. If you choose to complete this program as your Action Plan, but need to participate in the offline version, select this option and submit the page, but do not enroll online. Contact WebMD Customer Support at 1-866-584-6813, and ask to be enrolled in the paper Exercise Lifestyle program.

factors are Stress, Exercise, and ssment Questionnaire results in detail.

ment. If you are participating in the the Gold Out-of-Pocket benefit he list below, enroll and complete a short description of a program like to select the Nutrition or vidual Action Plan, but need a port at 1-866-584-6813, and ask

O WebMD Lifestyle Improvement Program: Exercise

O WebMD Lifestyle Improvement Program: Nutrition

WebMD Lifestyle Improvement Program: Weight Mgmt

O King County Live Well Challenge O Weight Watchers at Work®

On thanks, I don't want to be eligible for Gold Status (By selecting this option you will no longer be eligible for the Gold out-of-pocket expense level.)

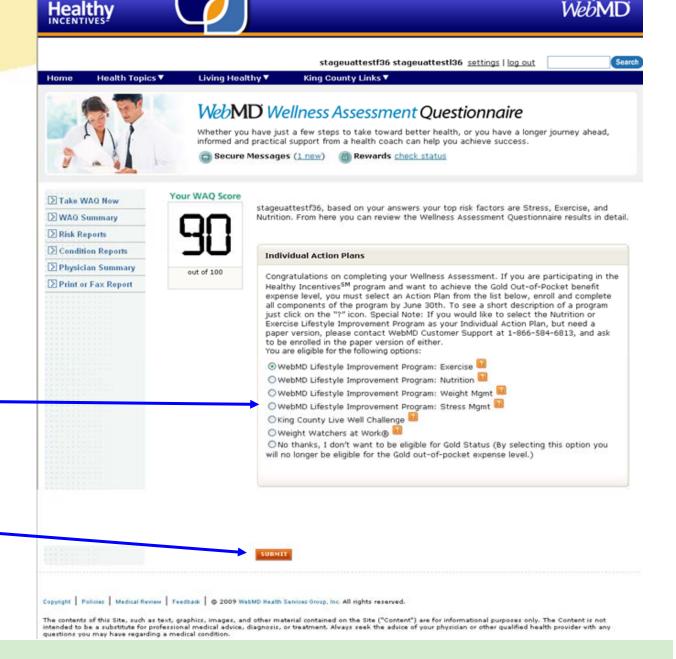
Click the "?" to view a short description of each individual action plan



King County

1. Click a button to select an individual action plan

2. Click Submit



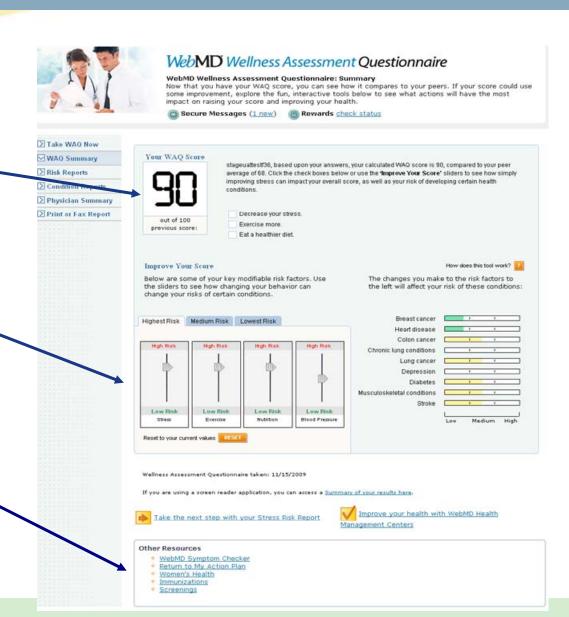


Following your Individual Action Plan selection and planner set up for certain online individual action plans, you will be taken to your wellness assessment summary page



Wellness Assessment Summary Report

- 1. Summary Report gives you your score and identifies your top risk factors.
- 2. Interactive tool allows the participant to see how their risk levels adjust with behavior change
- 3. This link will return the user to the individual action plan referral page





Once you have selected a plan, when you return to the individual action plan referral page you are reminded of the program you selected. You can also view all other programs you are eligible for if you want to change.





Individual Action Plans: Complete by June 30, 2010

100	Weight Watchers at Work	Attend 10 out of 13 meetings	Check website for meeting start times
	Free and Clear Tobacco Cessation	5 counseling calls	Start anytime, as long as you finish by June 30th
	Live Well Challenge	Log 5 of 7 days for 10 weeks	March 22 – May 30
	WebMD online programs: Exercise Nutrition Weight management Stress management	Complete 10 phases of reading and 50 planner entries	Start anytime, as long as you finish by June 30th
	WebMD paper programs: Exercise Nutrition	Complete 10 phases of reading and 50 planner entries	Start anytime, as long as you finish by June 30th